

HOME, ITS PROBLEMS AND INTERESTS

GERMAN NURSES BEST.

An American mother who had brought up a large family in the United States, when the last baby was born, she used to say afterward that she wished all of her children had been born in Germany, as not one of them had been as comfortable during the first three months of its existence as this little girl.

The German baby is treated first and foremost scientifically, not with a recently acquired experimental science, the result of attending a series of mothers' meetings, but with that science which is an inheritance of the race.

Dainty little dresses, petticoats and barrie coats are things unknown in the nursery of a German baby. It has, instead, a great quantity of little chemises, merino undershirts, diapers, and for a dress a two-yard square of white flannel. One American mother who exhibited with pride the dainty things she had brought over for the expected baby was much hurt to see them all brushed carelessly aside, all but the shirts and the lovely barrie coats with their fine embroidery ruthlessly ripped from the waists. The other things, she was told, would not be needed for three months.

For baby's bath his little tub is filled as full as possible and for twenty minutes he lies entirely immersed, only his little face above the water, his back and head supported on the nurse's arm. Then he is rolled and patted dry in his towels in the usual way, after which he is dressed on the wicker cot, or swaddling table, a conveniently high commode with slightly slanting top, at which the nurse stands. Facing this, a table is always used. First, the batiste chemise is put on, then the merino shirt, both fastened in the back with strings. Then comes the diaper, and then, from under the arms, the baby is swaddled in his blanket, which is turned up at the bottom and pinned together like a sack.

If baby is inclined to curl his legs up to his chest, his knees curved they are held straight out with a broad linen band. This sounds cruel, but the babies do not seem to mind. The German nurse never uses powder unless it is absolutely necessary.

When the baby is thus dressed he is ready for his bottle and his nap. This he takes in his carriage, which must never be joggled, or in his crib. He is held in the arms of the nurse, and must not be moved for one hour after. For a certain portion of every day he is allowed to lie on his back, and makes him perfectly comfortable and leaves him quite alone. In a short time he shows signs of impatience and be-

gins to cry, thus giving the lungs the proper exercise. The food is much the same as it is in America—milk sterilized according to the Soxhlet system.

For the first three months the baby is allowed to grow and is handled as little as possible. After this, if he is strong enough, he is dressed, and his treatment then depends upon the family into which he is fortunate or unfortunate enough to have been born.

Some things in the German system of baby rearing are not, however, to be recommended. One is the covering of the infant with a feather pillow at all seasons of the year, irrespective of temperature. The other is the too early attempt to induce the baby to walk. The result of this latter is most painfully apparent in the growing youth of the country and the cause of much actual suffering later in life, for when a young man goes for his two years' military service his physical weakness, so far as possible, corrected, and the straightening of the legs by means of appliances causes months of excruciating pain.

On the whole, a baby who is in the hands of a first-class German nursing sister will be freer from colic and other infantile disturbances during his first three months than one nursed by an English or an American nurse.

Lace Trimmings.

Black trimming is being used a great deal, especially on light-colored gowns, as it tones them up and makes a very striking trimming. A gown of light pearl gray is very chic with the waist trimmed with a wide, handsome black lace. Cover close when cold. A straightening of the legs by means of appliances causes months of excruciating pain.

French Bean Pickle.

Use the yellow wax beans and see that they are not too old; let them lie in a weak brine three days; drain, then boil gently in one part vinegar and three parts water until somewhat tender, but not too soft; drain again and place in jars; boil together sufficient vinegar to cover them, using mace, ginger, cloves, pepper and mustard seed, and pour while hot over the beans. Cover close when cold. A straightening of the legs by means of appliances causes months of excruciating pain.

Summer Cooking.

The problem of summer cooking is to get things cooked—and cooked properly—with the least using of heat. And to help the solution of the problem come a hundred little appliances—one a steam-er arranged so that the heat passes on from one compartment to another instead of each part having its separate heat tube. By some clever arrangement, the flavor of each thing is kept in its own compartment, instead of mixing with everything else like everything else.

And another of these heat-saving conveniences is three triangular saucepans that fit together over a single hole in the stove. They're especially good for a gas stove, as three things can be cooked at the same time with only one set of burners lighted.

They're helpful, all these little things, from the standpoint of economy, but it's the economy of heat which is the first point to consider.

Place for the Skirt-Board.

Every housekeeper ought to have a skirt-board for ironing skirts, shirts and other articles of doubled cloth, but it is a fact that hardly one housekeeper in four does possess such an article. It should be made from a single board and should be about five feet long and twelve or fourteen inches wide. The corners of one end should be rounded or beveled, to make it slip into a skirt easily. A cloth-covered in the upper side so much the better. A most convenient way to arrange the skirt-board in kitchen or laundry is to hinge it firmly to the wall, against which it stands when not in use, a catch at the top holding it in place. Lowered to a horizontal position with a kitchen chair-back placed under the outer end, it is ready for instant use, and will be held firmly in place by the two stout hinges.

Flies and Mosquitoes.

There is a popular theory that paregoric and pennroyal will send away both these pests, but I have made myself smell like the largest sized drug store, only to have a fly walk blandly in my eye, while a mosquito stung me on my neck.

Here is a remedy given by an Oriental traveler, who says that it is tried and true. Place a few quassia chips in a dish of water on the window sill, and neither fly nor mosquito will enter.

The chips are to be had from most large druggists, and surely it is worth trying.

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HIGHEST AWARD, ST. LOUIS, 1904.

Hints for the Home.

When a kettle of meat or vegetables scorchers place the kettle in cold water as quickly as possible and the food will not taste scorched.

A piece of charcoal in a flower vase helps to freshen flowers.

Charcoal is a great purifier. A piece in the icebox keeps it sweet smelling and the air pure.

Salt water fish are much improved if they are soaked in salted water for half an hour before cooking.

To make silk handkerchiefs look as good as new put some alcohol or methylated spirits in the rinsing water and iron while wet.

For a summer morning breakfast dish an omelet with pimentoes is recommended. The canned pimentoes will do nicely and the dish is appetizing to look at as well as good to eat.

It is known that small pears make delicious pickles when made after the recipe for sweet pickled peaches. The fruit should be pared, but not quartered or cored. Leave the stem on. They look extremely well.

Good Hot-Weather Soup.

Cream of lettuce, peas, asparagus, or even potatoes, makes a delicious hot-weather soup when served in cups with a spoonful of whipped cream on top. These soups are very easy to make, yet are very seldom served exactly right—either too thick or too thin. All cream soups have as their basis the chosen vegetable cooked until very soft and put through a strainer. Dilute with scalded milk or with stock and milk, and season.

At the last moment mix a roux of flour and butter and thin with a part of the soup. Stir the thinned roux into the soup to bind it, as otherwise there is danger of the vegetables separating from the soup. A cream soup should not be a thick, pasty broth, but a delicate, cream-like liquid.

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SOME TOMATO RECIPES.

Ripe tomatoes should be put up in August, when the vegetable is in its best condition. It is absolutely essential that the vegetable should be perfectly sound and not too ripe, for a single spot of decay is liable, in canned tomatoes, to spoil the entire mass. The various relishes and pickles made from green tomatoes are usually left until September or even the first of October.

There are several methods of canning tomatoes, the simplest being to stew. As the success of canning depends upon absolute sterilization, the first thing to be attended to is the jars. Wash thoroughly in soda and water, tops and all, then sterilize by bringing the water to a boil. Use only fresh rubber rings, for if the rubber has stretched the sealing will not be perfect. Have a large kettle of rapidly boiling water on the stove, and having washed the tomatoes fill a wire basket with them and plunge into the kettle of boiling water until the skins begin to crack. This will take about five minutes. Then plunge into cold water and remove the skins and hard part under the stem. Slice and put in the jars, mash with the fingers, not of tin, mash with the fingers, not of tin, heat slowly, stirring frequently from the bottom. It is better to use an iron ring or asbestos mat under the jar. Cook half an hour, counting from the time the tomatoes begin actually to boil. Put into sterilized jars then seal. Care must be taken that no seeds or pulp get between the glass and the rubber. When cold and screwed again, tighten, wrap in paper and set in a cool place.

Canned Tomatoes Seasoned.

Some good housewives prefer to have their tomatoes already seasoned for the table. In this case, after the tomatoes have been cooked one-half hour, allow every quart of the stewed fruit a teaspoonful of salt, a half teaspoonful of pepper, and a scant half cup of sugar. Have ready some olive oil or hot melted butter, allowing a tablespoonful to each jar. Cook the vegetables five minutes longer, after the seasonings have been added, then add the melted butter or oil. Fill to the brim with the olive oil or hot butter, and seal. Examine the jars in about two weeks, and if you see the slightest sign of fermentation turn out the contents and re-sterilize.

Canned Whole Tomatoes.

Wash, scald, and slice after peeling four quarters of tomatoes, and stew twenty minutes, or until tender. Rub through a strainer. Meanwhile scald and peel eight quarters of rather small, round tomatoes, and pack in sterilized jars. When all are ready, fill with the scalding hot stewed and strained tomatoes, running a silver knife down the inside of each can to let the air bubble out, allowing a tablespoonful of vinegar to fill every interspace. Set the cans in shallow pans of hot water in the oven and cook half an hour longer. Then fill to overflowing with the boiling hot, strained, tomato, and seal. These are the directions in the main as given in one of the farmer's bulletins issued by the Department of Agriculture. If there is any strained tomato left it may be canned for sauce later on.

Whole Tomatoes for Winter's Use.

Fill a large stone crock with ripe, perfectly sound, unpeeled tomatoes, adding a few cloves and a sprinkling of sugar between each layer. Cover with a mixture of cold water and vinegar, half and half. Place a layer of thick white flannel over the jar, letting it fall well down into the vinegar, then tie close with a cover of brown paper. Even if the flannel molds, tomatoes put up in this way are not harmed, and will keep all winter.

Tomato Figs.

Allow a half pound sugar to every pound of tomatoes, which should be the

yellow globe tomato or the very small and perfectly red ones. Put the sugar over the fire in the preserving kettle with just enough water to melt it. As soon as it boils, put in the tomatoes with their skins on and simmer gently on the back of the stove about two hours or until transparent. Skim the fruit carefully from the syrup or pour it into a colander and drain. Sprinkle a little sugar over them while drying. The next day turn them and sprinkle again with sugar. Repeat the turning and sugaring for two or three days. When sufficiently dry pack in boxes like figs.

Preserved Tomatoes.

These same tomatoes make excellent preserves. Weigh the tomatoes; scale, peel and prick them with a large needle; allow a scant pound of sugar to each pound of fruit and one lemon to every two pounds of fruit, with quarter of a pound of green ginger root scraped and shredded; chop off the thin yellow rind of the lemon, pare off the thick, white, bitter part which is not to be used; slice thin and remove all the seeds; cook the skins and slices of ginger root in water; also the ginger root until the water is well flavored; allow a cup of this water to each pound of sugar and cook the tomatoes in the syrup half an hour; take out and spread on platters in the sun for two or three hours to harden; then pack in jars; meanwhile prepare the syrup; put it in a kettle on the back of the range, and for every two quarts of the syrup add the white of one egg beaten until light, but not stiff; mix with the syrup; cover the kettle and simmer very gently half an hour; remove the lid; skim and then cook down to a rich syrup; take the pieces of lemon rind from the skimmings; was free from scum and add to the syrup; pour the syrup over the tomatoes, and when cold seal with brandied paper covered with a screw top or layer of absorbent cotton.

Tomato Butter.

This is a relish greatly favored in Southern California. To nine pounds of ripe tomatoes, peeled and sliced, allow three pounds of sugar, one pint of vinegar, three tablespoonfuls of cinnamon, one and one-half tablespoonfuls of allspice and a tablespoonful of cloves; cook until thick, stirring often to prevent scorching.

Tomato Marmalade.

To two pounds of ripe, firm tomatoes, allow two pounds of sugar and the juice and grated rind of a lemon. Scald the tomatoes, peel, add the sugar and boil slowly for an hour, skimming and stirring; add the juice and grated rind of the lemon, and simmer another hour or until a thick, rich mass; pack in marmalade pots and seal.

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